



TREATMENT IMPACT REPORT 2018-2019

This report summarizes treatment outcomes for clients who received services of SunCloud Health, a center for clients with complex and co-occurring issues related to mental, behavioral, and relationship health.

289 clients in 2018 & 2019 completed surveys at assessment and discharge. Their average age was 33. Treatment lasted an average 55 days.

UNDERSTANDING THIS REPORT

The Outcome Questionnaire 45.2 (OQ) measures depression and anxiety, relationships, and social functioning.

The OQ has a clinical BENCHMARK of 63. Scores ABOVE 63 indicate clinically problematic functioning. Scores BELOW 63 indicate healthy functioning.



The OQ has a "reliable change index (RCI)". Any reduction of 14 or more indicates meaningful therapeutic improvement.

RCI = 14

GENERAL FINDINGS

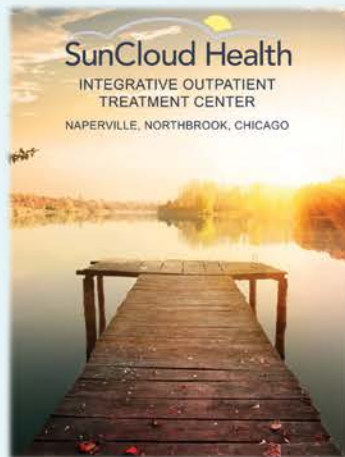
SunCloud treatment works. The mental health of SunCloud clients improve significantly from admission to departure.

Completion of treatment was a significant contribution to better client outcomes. Related to this, clients whose clinician made their discharge decision had optimal outcomes compared to those whose decision was their own or external.



80% of the sample were women, who had more severe symptoms of admission than men, but they both improve at about the same rate.

Clients with multiple diagnoses at admission are more severe than those with fewer, but all improve at about the same rate.



TREATMENT OUTCOMES

OQ

Clients at SunCloud start treatment with an average OQ score of 87 and end treatment with an average score of 70. This reduction of 17 points exceeds the 14-point RCI.

In other words, clients experience significantly improved mental, relationship, and social health.



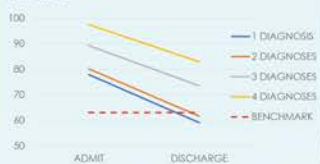
FACTORS THAT IMPACT TREATMENT OUTCOMES

Now that we know treatment works, we are interested in learning what factors lead to optimal outcomes. This helps clients know what to expect and helps SunCloud make treatment decisions.

Clients who enter treatment with the most complex severity get better, sometimes at the same rate as clients with less complex severity. In other words, in some cases, regardless of severity at entry, many clients experience the same amount of treatment effect or treatment change. An example of this is the Number of Diagnoses at admit.

Number of Diagnoses. Most clients at SunCloud are assessed with more than one disorder; the average number of diagnoses is 2.4. OQ scores at admission are higher for clients assessed with more diagnoses, but clients change at about the same rate from admit to discharge.

All clients change more than the RCI of 14 and those with 1 or 2 diagnoses of admit improve to scores under the 63-point benchmark.



In some cases, the most severe clients may improve, but at a lesser rate as less severe clients. Examples of this include Treatment Allocation, and Previous Treatment.

Treatment Allocation. When clients start at SunCloud, they enter one of two programs: outpatient IOP or the more intensive day treatment called PHP.

Clients allocated to PHP are more severe at admission than those allocated to IOP; those in IOP experience more improvement than those in PHP.



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Previous Treatment. Clients who had no previous treatment experienced the most change compared to clients coming from other types of care. The table below shows client OQ scores at admission and discharge, and the amount of treatment change.

	OQ at ADMIT	OQ at DISCHARGE	AMOUNT OF CHANGE
No Previous Care	86	65	21
Inpatient / Day Treatment	86	71	15
Referring Therapist	62	66	16
Residential Treatment	91	84	7
Inpatient Care	88	70	18



Mental Health Diagnoses. Clients were assessed with one or more of six diagnoses at admission:

Anxiety / Depression, Substance Use, PTSD, Anorexia Nervosa, Binge Eating, and/or Bulimia.

All clients admit well above the 63-point benchmark, and most experience more change than the 14-point RCI.

Admission, discharge, and treatment change scores are shown here.

	ADMIT	DISCHARGE	CHANGE
Anxiety / Depression	88	71	17
PTSD	91	74	17
Substance Use	88	73	14
Anorexia Nervosa	89	77	12
Binge Eating	93	82	11
Bulimia	97	80	18

How clients complete treatment matters. Those who fully complete their program do much better than those who only partially complete. Those whose clinician decides it's time for discharge do better than those who decide on their own their discharge is decided externally (like by a payor).

Treatment Completion. Clients who completed the program experienced significantly more change than those who did not. As seen below, those who fully completed exceeded the 14-point RCI and finished treatment below the 63-point benchmark. This finding was the most profound factor that influenced treatment impact. This means that completion of the full course of treatment is optimal for client health.



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Discharge Decision. Clients discharge from treatment based on decisions by the client, the provider, or by an external entity (e.g., insurance). The optimal change was seen among clients whose provider made the discharge decision; the least amount of change was among those whose decision was external.



AFTER TREATMENT

Post-Treatment. Surveys are given to clients at 6 months and 1 year after discharge. There were 49 clients at 6 months and 21 at the 1-year timepoint. Some of the clients may be from the sample in the rest of the report, some may not.

Below are OQ scores at admit, discharge, then 6 months and 1 year after treatment. The scores suggest that treatment gains at SunCloud are likely maintained for a year after treatment.



This report summarizes an evaluation of SunCloud Health treatment outcomes. The findings suggest that clients who enter treatment are likely to experience significant health improvement. Not surprisingly, clients with the most profound health issue change the least, however, they still experience clinical improvement. Also not surprising was the finding that clients who fully complete the program have more health gains than those who only partially complete and this is likely related to the finding of optimal outcomes among those who left based on provider decision.

This work was completed by a third-party evaluator. The full report including all outcomes of all scales and predictors is available upon request to David Newton, Director of Operations, SunCloud Health (dnewton@suncloudhealth.com).

